

FEEL GOOD FOR A CHANGE!



You have the power to make your life healthier. But you've got to work at it. And if you stick with it, the results could be life changing. You'll look better, feel better and live longer.

Find a friend or group to walk with. If you smoke, pick a date to quit. And start eating healthier. It's not easy, but it's the right thing to do for you and your family.



If you want help, go to our website for more information on weight loss, exercise, nutrition and becoming smoke-free. You'll feel good about it.

TAKE THE FIRST STEP TODAY!

Eat Right • Exercise • Be Tobacco Free



Find a walking trail near you! For a list of trails in your area and information on how to get a grant for a trail in your community, call the Arkansas Department of Health, 1-800-235-0002 or visit www.HealthyArkansas.com.



Healthy Arkansas

For a Better State of Health